

Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

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101 Days of Summer continues

Basketball concludes and Softball tourney begins as unit scores and participation go through the roof

Sgt. Joseph A. Lee
Sports Editor

One of the largest 101 Days of Summer Basketball Tournaments to date finished up last night at the Semper Fit Center, and with the softball tournament right around the corner, the competition between base units is starting to heat up.

Undeclared through the pool play or round-robin portion of the tournament, Headquarters Battalion, 3rd Marines and Patrol Squadron 47 were some of the first to stake their claims in the quarterfinals, and though Marine Aviation Logistics Squadron 24 gathered enough Marines and Sailors to fill three teams, none of them made it even as far as the quarterfinals.

The team from VP-47 is a very strong, tough team," said Coordinator Kenneth Etheridge, substance abuse counselor for MCB Hawaii. "They are tough on the inside, and extremely hard to penetrate from what I've seen. As the intramural champs, they are definitely a force to be reckoned with."

During the intramural season, VP-47 player Travis Carter put a lot of points on the board for the VP-47 team and plans to do the same during this tournament.

"Any chance I get to come out and compete in basketball, I'm all for it, and I'm the first one on the court," said Carter. "I think there is little doubt in anyone's minds on who's going to take this championship."

To find out if Carter was right, read the full story on last night's 101 Days of Summer Basketball Tournament championship game in next week's edition of the *Hawaii Marine*.

As for participation levels in the tourney, Etheridge claimed that this year was better than most, gathering 10 teams — up from last year's six.

"We had a great turnout," said Etheridge. "MALS-24 filled three teams alone and Headquarters Battalion's depth and speed look good enough to go all the way."

The purpose of 101 Days of Summer and it's sporting events is to give the unit Marines an opportunity to participate in some fun activities that promote health, camaraderie and Esprit de Corps, while continuing to spread the message of a drug-free environment, said Etheridge.

"We're definitely hoping to increase participation next year," said Etheridge. The 101 Days of Summer Softball Tournament is scheduled to begin Wednesday and sign-ups are still being accepted through Monday at noon.

For more information about the basketball tournament, or to sign your team up for the 101 Days of Summer Softball Tournament at Annex Field Wednesday, call Etheridge at 257-3900 or 257-7120.



Sgt. Joseph A. Lee

Travis Eslinger connects with a hit for Headquarters Battalion in their game against the 3rd Marine Regiment Yellow Shockers during the intramural season. The 101 Days of Summer Softball Tournament begins Aug. 17.



Sgt. Joseph A. Lee

Curtis Burleson, a member of one of three MALS-24 teams entered in the tournament, gets some air while he lays up an easy two points, Tuesday night, during a warm-up game at the Semper Fit Center. This year's basketball tournament was the largest yet, with 10 teams.

Base boxing returns



Hawaii Marine File Photo



Hawaii Marine File Photo

A bobbing and weaving Richard Ransom (right) spars with Jack Johnson at USA Boxing (MCB Hawaii chapter) last year in a workout session. Boxing has returned to Kaneohe Bay under the guidance of head trainer Johnson, a former Golden Gloves boxing contender with the first major series of bouts to take place tonight at Kahuna's Sports Bar & Grill. With the action starting at 7 p.m., approximately 10 fights are on the card before the main event. The main event is scheduled to feature Marine fighter Francisco Maldonado, a heavyweight fighter from Fighters Unlimited, that will take on a rival fighter from the Pololo Boxing Club. The \$15 tickets will be sold at the door, and the event is open to the public. As for the boxing club, Johnson invites all skill levels to come out and train, and claims that the base club is looking to be bigger and better than ever before.

Events help units rack up summer points

Ed Hanlon V
Marine Corps Community Services Marketing

Now in its third year, the 101 Days of Summer campaign has spread its seed and planted its roots in Marine Corps Base Hawaii's ongoing efforts to keep Marines and Sailors healthy, active and motivated.

The initial campaign began during the summer of 2003, in an effort to support the mission of eliminating illegal drug use and promoting responsible use of alcohol by offering healthy alternatives and rewards for both.

"The fundamental philosophy of recreation and leisure activities is to use free time positively," stated Dan Dufrene, health promotions coordinator and a member of the 101 Days of Summer team. "The main focuses of One Hundred and One Days of Summer is to make Marines and Sailors aware that drug usage is a problem and that they can concentrate on a constructive use of their leisure time."

The campaign consists of numerous Marine Corps Community Service and base activities that include the Substance Abuse Counseling Center, the Single Marine & Sailor Program, MCCS Athletics, Water Safety, and more. MCB Hawaii, Kaneohe Bay, units are encour-

aged to attend through an award system in which units receive points for participation in many diverse events throughout the summer. Units finishing with the most points will receive valuable additional unit party funds.

Some of the events that have already proven successful this year include; the Shank & Slice golf tournaments, a swim meet, the 101 Days of Summer Fun Run, the BayFest Bathtub Regatta, soccer and flag football tournaments, horseshoe competitions, and other events. Units are awarded points for reducing positive urinalysis tests and can even carry an anti-substance abuse slogan on their guidon.

As of the beginning of this month, Marine Aviation Logistics Squadron 24 was in the lead with 1,610 points, closely followed by Headquarters Battalion, 3rd Radio Battalion and Combat Service Support Group 3.

"We're happy that attendance this year has increased with many of the units," said Dufrene, "and there's still time left for everyone to attain more points."



The campaign recently hosted a basketball tournament that saw 10 teams compete to keep their units in the running.

As Dufrene stated, more events are on the horizon. There will be a softball tournament held at Riseley Field from Wednesday to Aug. 20, for which teams can still register. The games will be held after work at 6, 7 and 8 p.m. Put a team together and earn some points for your unit.

On Aug. 25, stop by the Semper Fit Center between 10 a.m. and 3 p.m. for the Health, Wellness and Fitness Fair. Individuals who sign the registration sheet can check out displays and information encompassing all areas of fitness and healthy lifestyles. The fair will host everyone from the Semper Fit Center's aerobics instructors and personal trainers to Marine and Family Services' staff who will educate patrons on the subject of stress management. The Health Promotions van from Pearl Harbor will also be on-site with promotion novelties for all ages and information. Single Marines and Sailors, E-5 and below,

can blast their way to some unit points at the Paintball Tournament, to be held at Paintball Hawaii, near the Lemon Lot on base, Aug. 27, beginning at 9 a.m. If you are interested, call paintball contractor Roland Moynhan at 265-4283.

Other events in the near future include the second 101 Days of Summer Fun Run on Aug. 31 or the last SM&SP Shank and Slice golf tournament on Sept. 1.

"The program is definitely working," he said, and the results show it. In the first year, positive urinalyses results indicating drug usage decreased by the end of the campaign. During the second 101 Days of Summer campaign, positive results were reduced even further.

Dufrene witnessed a larger turnout at each event, and expects the program to grow in the future. "We're looking into other activities and events, and I welcome any input from the community," he offered. "However, the proof is that people vote with their feet, so come out to one of the events and see what it's about."

If people say they're interested, I say let's get it on. It's a Marine and Sailor driven campaign, so we can do it." To get involved in the 101 Days of Summer Campaign, call Dan Dufrene at 254-7636 or Quentin Redmon at 257-3900.

BASE SPORTS

Aug. 26 & 27

SM&SP Dodge Ball Tournament — The Single Marine & Sailor Program never drops the ball on having fun, and August looks like no exception. In addition to its exciting clubs and programs, the SM&SP will also be hosting a dodge ball tournament, Aug. 26 at Camp Smith and Aug. 27 at Kaneohe Bay. The Camp Smith tournament runs from 11 a.m. to 1 p.m. at the Camp Smith Gym, and the Kaneohe Bay tournament will be held at the Semper Fit Center from 10 a.m. to noon. Put together a six-person team and start practicing now. Both tournaments cost \$20 per team and are open to all eligible SM&SP patrons and invited Staff NCOs.

The Single Marine & Sailor Program is a highly energized program with a singular mission: to address and enhance the quality of life for single Marines and Sailors in a measurable manner. This is accomplished through six core components: quality of life, recreation, health and wellness, community involvement, life skills and career progression

The SM&SP is open to all unaccompanied E-5 and below. The program office is located in Building 1629 and can be reached by calling 254-7593.

Sept. 21

Camp Smith Grueler — Race over to Camp Smith for the 9th Annual Camp Smith 5K Grueler, Sept. 21, and show the mountain what you're made of. The run begins at 11:30 a.m. around Bordelon Field and winds throughout Camp Smith's rugged mountainous terrain finishing at the panoramic Sunset Lanai. Registration fees are \$15 for indi-

viduals and \$60 for six-person teams, if registered prior to Sept. 14. Late registration will be \$18 for individuals and \$78 for teams.

First-place awards for individual categories: ages 19 and younger, 20 to 24, 25 to 29, 30 to 34, 35 to 39, 40 to 44, 45to 49, 50 to 54, 55to 59, and 60 and older. Other categories are: top three for teams and top three overall for men and women.

Runners from Kaneohe Bay can take the free shuttle bus from K-Bay to Camp Smith on race-day. The shuttle will pick up runners at 10 a.m. at the Kaneohe Semper Fit Center and return them to the center after the race. Gatorade will provide refreshments for the race.

To register, call MCCS Athletics at 254-7590/91 or call Camp Smith Athletics at 477-0498.

Ongoing

Commander's Cup Bowling League — The Commander's Cup Bowling League kicked off last Monday, but it is still not too late to get your team registered. The league runs Mondays at 6 p.m. until Jan. 9 at the K-Bay Lanes. The weekly cost is \$8 and a one-time sanction fee of \$16 for men and \$15 for women will apply. For more information, call 254-7693.

Youth Sports Registering Now — MCCS Youth Activities is currently registering youths of all ages for an array of sports programs. Flag football, cheerleading and in-line hockey are all registering through today. YA programs allow youths to use their time wisely, build their self-esteem through team play and have fun with sports.

Youth Activities leagues are open to dependents of all active duty, reservists, National Guard and

Department of Defense civilian employees. The Flag Football and Cheerleading leagues are open to those born between 1990 and 2000 and include different league formats for the different age groups. The leagues run from Sept. 7 through Nov. 5. The Flag Football League costs \$50 for Youth Activities members, and \$60 for non-members. The Cheerleading League costs \$85 for YA members and \$95 for nonmembers.

The In-line Hockey League Opening Day Ceremony will take place at the new rink, adjacent to the Pop Warner Football Field, and marks the beginning of the season. The league is open to 16-year-olds and costs \$75 for YA members and \$85 for nonmembers.

If you are interested in becoming a coach, contact the YA Office anytime.



The cost to join Youth Activities is \$25. Membership is \$15 for each additional child, annually. Youth Activities memberships offer numerous benefits throughout the year, including free entry to different YA events, access to YA programs, a Boy's and Girl's Clubs of America membership and an open invitation to our facilities such as the Youth & Teen Center.

Youth Activities programs are made possible from the support of Windward Community Federal Credit Union.

Sign up your youngsters now at Youth Activities, Building 5082, Monday through Friday from 9 a.m. until 5:30 p.m., or call 254-7611. Camp Smith and Manana Housing Youth Activities programs are also available and can be reached at 456-1662.

Semper Fit Group Exercise August 2005

Monday
8:45 – 10 a.m. — Step 2 It
11:45 a.m. – 12:15 p.m. — Gut Cut
4:45 – 5:45 p.m. — Cycling (\$3/\$1 active duty)
6:45 – 7:45 p.m. — Pilates
10 – 11 p.m. — Aikido (\$35 per month)

Tuesday
6 – 7 a.m. — Cycling (\$3/Free to active duty)
9:30 – 10:30 a.m. — Yoga
5 – 6 p.m. — Cardio-Kick

Wednesday
6 – 7 a.m. — Circuit Training
8:45 – 10 a.m. — Step Challenge
11:45 a.m. – 12:15 p.m. — Gut Cut
4:45 – 5:45 p.m. — Cycling (\$3/\$1 active duty)
6:45 – 7:45 p.m. — Pilates
10 – 11 p.m. — Aikido (\$35 per month)

Thursday
6 – 7 a.m. — Cycling (\$3/Free to active duty)
5 – 6 p.m. — Cardio-Kick
6 – 7 p.m. — Step

Friday
6 – 7 a.m. — Strength & Stretch
8:45 – 10 a.m. — Step/Kick
11:45 a.m. – 12:15 p.m. — Gut Cut
4:45 – 5:45 p.m. — Cycling (\$3/Free to active duty)
5:45 – 6:45 p.m. — Pilates
10 – 11 p.m. — Aikido (\$35 per month)

Saturday
10 – 11 a.m. — Water Aerobics (Base Pool)

Note: A book of 10 single-class coupons for \$2 each can be purchased for \$15 at the Semper Fit Center.

COMMUNITY SPORTS

Sunday Polo at Waimanalo
Gates open at 1 p.m., Sunday, with games kicking off at 2:30 p.m. for the Women's Challenge Wahine Cup tournament of the Honolulu Polo Club's 2005 season at the polo fields across from Bellow Air Force Station. Cost is \$3, children 12 and younger are free. Event-goers with a military ID enter for free, as honored guests. The ponies will be available for children to visit after the matches.

For more information about the Honolulu Polo Club or upcoming matches, visit www.honolulu polo.com.

HTMC Plans Sunday Hike
Sunday, join the Hawaiian Trail and Mountain Club on a six-mile, intermediate ridge/valley hike in Waianae.

Hikers can become one with the trail as they hike this short, undulating loop trail located in the bosom of Mt. Kaala. Follow the coordinator's trail instructions as there are some cutoffs that could lead adventurers astray.

Reach coordinator Steve Rohrmayr at 696-4746 for more information.

Hikers should meet at Iolani Palace at 8 a.m. for the hike. A \$2 donation is requested for each nonmember age 18 or older. A responsible adult must accompany children under 18. Bring lunch and water on all hikes and wear sturdy shoes and clothing. Firearms, pets, and radios or other audio devices are prohibited on hikes.

Check out the HTMC Web site at www.geo cities.com/Yosemite/Trails/3660 for more information.

Pink Sox Softball Looking for Girls
Interested girls, ages 5 to 13, wanting to play softball are welcomed to join Pink Sox Softball on he Windward side of Oahu. The group is looking for girls to fill out three

teams. For more information, call Coach Nik at 778-9440.

Kualoa Ranch to Host Sprint Adventure Race
The Aug. 20 sprint Adventure Race will consist of hiking and trekking, orienteering and navigation, kayaking, ropes, mountain biking, an environmental sensitivity project and a mystery team builder. It will be completely self-supported in a team format and will last approximately four to six hours. Come check out the spectacular views of Oahu's Windward side.

Registration fees are \$85 per person. Teams can consist of two or three people. There will be a 10 percent military discount. Sign up online or visit www.adventureacehawaii.com to download the entry form. Entry form and payment can be mailed to Adventure Race Hawaii, 330 Cooke St., Honolulu, HI 96813.

Go to the Boca Shop in Honolulu, or visit www.adventureracehawaii.com for more details.

Try Fitness Presents Off-Road Run
Try Fitness is proud to present the 1st Annual Off-Road 8K Challenge, Aug. 21. Come join in the fun for an off-road adventure. The route is a little more than five miles, and will take you off road into the hills and valleys of beautiful Kualoa Ranch. Everyone age 14 and older are welcome.
Entry Fee is \$35. Packet pickup is on the following dates and locations:
•Tuesday from 2 to 6 p.m. at Island Triathlon and Bike, 569 Kapahulu Ave., Honolulu.
•Thursday from 3 to 7 p.m. at Runner's Hawaii in Aiea, 93-390 Kamehameha Hwy.
Awards in the Off-Road 8K Challenge will



be given to the top three male and female finishers overall and the top three finishers in each age group starting at age 14. Awards will also be given to the top three male and female active duty military finishers.

For more information, call Try Fitness at 946-0346.

Marathon Training for Women
Try Fitness hosts a 14-week training to help female athletes get ready for the Honolulu Marathon in December.

Session dates are Aug. 28 through Dec. 11. Training is Tuesdays and Thursdays from 5:15 to 7:30 p.m. and Sundays from 7 to 9 a.m. Orientation is at the Ward Entertainment Starbucks on Aug. 27 at 8 a.m. Cost: \$390 plus tax. Contact Try Fitness now at 946-0346 or send an e-mail to tryfitness@hawaii.rr.com.

Bellows Offers Adventure Programs
Whether you are spending a few weeks or just visiting for the day, check out any of the following weekly Bellows Outdoor Adventures programs. Call the Turtle Cove office at 259-4112 from 8 a.m. to 8 p.m., or visit www.bellowsafs.com.
•Saturdays at 8 a.m., Morning Paddle: Take the guided kayak tour to the Mokulua Islands, which offers the opportunity to see birds up close in their natural habitat. Cost is \$14. Advanced skill level is required.
•Sundays at 8:30 a.m., History Tours by Bike: Ride mountain bikes for an extensive seven-mile, three-hour, guided tour of Bellows AFS. Wear closed-toe shoes. Cost is \$15 for bike and helmet rental.
•Mondays at 8:30 a.m., Hike to Makapuu: Take a moderate 2 1/2-mile round-trip hike to the Makapuu Lighthouse.
Hikers will be rewarded with awesome views of Koko Crater, Diamond Head and Waimanalo Bay. Wear closed-toe shoes. Cost is

\$8 for adults and \$5 for children 12 and younger.

•Wednesdays and Fridays at 8:30 a.m., Snorkeling Tour: Discover the magnificent underwater world of the ocean at a nearby undisturbed reef. Transportation, instruction and snorkeling equipment are included. Cost is \$15 for adults and \$8 for children 12 and younger.

•Wednesdays and Thursdays at 1 p.m., Kayaking Lessons: Master ocean-kayaking skills, including water safety and efficient paddling techniques in this two-hour class. The class is free with a day kayak rental.

•Thursdays at 9 a.m., Beach 101: See fascinating natural phenomena as you wade across seaweed-covered reef flats and rock tide pools.

This is an educational experience for the whole family. Be sure to wear comfortable footwear, a hat, swimsuit, sunscreen, and bring water. Cost is \$8 for adults and \$5 for children 12 and younger.

•Thursdays at 8 a.m., Free Aloha Breakfast in the Recreation Center Lanai: Find out about all the exciting programs and specials happening at Bellows. Enjoy a free continental breakfast and sign up to win door prizes.

•Fridays at 1 p.m., Bodyboarding Lessons: Learn how to catch and ride the waves. Free day rental of boogie board is included in the \$5 fee.

Miniature Golf: One of the miniature golf courses on the island is the Bellows Mini-Golf Course. It is lighted and open for night play.

Cost is \$4 adults and children 12 and younger. For more information, log on to www.bellowsafs.com.

Driving Range: Next to our mini-golf course is a driving range. Clubs and buckets of golf balls are available for rent.

Hawaii Marine Accepts Briefs
To post sports and recreational briefs in the *Hawaii Marine*, e-mail requests to editor @hawaiimarine.com or call 257-8835.



The Bottom Line

(Editor’s Note: “The Bottom Line” is the **Hawaii Marine’s** weekly sports commentary from two sports aficionados who rarely see eye-to-eye when it comes to America’s one true obsession — sports. Chances are you’ll either agree with one of their takes or disagree with both. The **Hawaii Marine** welcomes your e-mails of no more than 250 words. We will print the top comment of the week from our readers. Send “Readers Strike Back” comments to editor@hawaiimarine.com. Remember, “If you don’t speak up, you won’t be heard.”)

Are men’s sports better than women’s?

Sgt. Joe Lindsay
The Goat

*Sports Editor’s Note: This is part four of a four-part series entitled, “The Goat: Blast from the Past,” and originally appeared in the Dec. 5, 2003, issue of the **Hawaii Marine**. The Goat’s request that this installment be called, “Oh Serena you’re so fine, you’re so fine, you blow my mind — Serena!” was denied — vehemently.*

(Goat Note: Probable conversation between The Goat and Mrs. Goat later tonight: “No honey, of course I didn’t mean anything by that. You get more beautiful every day, honey. No honey, I don’t think Serena is prettier than you. I just said that stuff for the article. No honey, that was the sports editor who put that in, not me. Yes honey, I’ll take out the trash. My television show will be over by the time I finish the next beer, honey. I’ll do it then. I promise, sweetie. Okay, okay. Just wait a minute. It’s almost match point.”)

It has nothing to do with sexism, chauvinism, acting machismo or having caveman-like tendencies. Men's sports are better than women's sports. No man would rather watch women's sports than men's sports — unless we are talking about women's tennis, that is.

Gone are the days of Bjorn Borg, Jimmy Connors and John McEnroe. Throw Ilie Nastase and his infamous temper tantrums, that made even Johnny Mac look like a choirboy, in for good measure too.

There is no denying the late ‘70s and early ‘80s was the heyday for men's tennis and the intense

rivalries they spawned. The aforementioned legends played with passion, grit, emotion and — wooden rackets.

Today, professional men's tennis is a bore. Watching Roger Federer and Andy Roddick knock 140 mph serves with their graphite rackets on their way to 50 aces in a match is impressive from a pure, raw, power standpoint, but it makes for a dull afternoon from a spectator's standpoint.

Not so with women's tennis. It is far and away the better sport, and women are the better players.

Obviously we're not talking head-to-head matchups because nobody in their right mind believes Serena Williams is going to beat Andre Agassi (à la Billie Jean King vs. Bobby Riggs), but from a "for love of the game perspective," women are the only ones who still play the sport as it was intended.

Of course, there are some sickos out there (The Goat included) who also greatly prefer watching the Williams sisters in their latest outfits of the day. Visual stimulation, however, cannot be considered a viable argument and has no place in a sports column. Besides, for every Anna Kournikova there are five Amelie Mauresom's (see Martina Navratilova).

Bottom Line: Men's tennis is nothing more than a serving contest promulgated by technological advancements in graphite rackets.

The women still play the game. The women still rally, still hit the backhand and forehand, and, most importantly, the women have turned shot placement back into an art form.

Plus, they look good in skirts.

Kristin Herrick
The Cheese

It's hard to disagree with The Goat's stance that women's tennis is better than men's. However, I can't bring myself to accept his argument that tennis is the only women's sport that is better than men's. There are several other sports, including soccer, golf and synchronized swimming, in which the female version is far more exciting than the males. Ok, so I'm not really sure about the synchronized swimming thing, but from the visual I get in my head, women are highly superior.

Like tennis, 90 minutes of soccer is more fun to watch when women are on the field. Men just kick the ball halfway down the field then kick, kick and kick again. They only really get into it when the ball is near the goal. Women fight the whole game, they want the ball, and they want to score. Contrary to popular belief, women do want to score the winning goal; they want individual recognition. They will give that up for the good of the team, unlike most men, but women like to be in the spotlight just as much.

In 1999, thanks to World Cup media coverage around the world, millions of people saw Brandi Chastain take off her jersey and run around in (gasp) her sport bra after kicking the

winning goal, giving the U.S. the championship. Tell me that's not good television.

Golf is another sport in which women (and these days, girls) are more exciting to watch. Youngsters like Michelle Wie have brought women's golf into the spotlight and their emotion after every swing makes the sport bearable to watch. Critics call their facial expressions and sound effects a sign of immaturity, but who said you need a poker face in golf. Everyone saw the shot; golfers might as well celebrate or look disgusted, it's not going to change the spot of the ball.

Bottom Line: On the subject of women's tennis The Goat is right on. Long volleys and on-the-line shots are what get tennis televised, but there are other sports that women succeed at overshadowing men. U.S. women have dominated international soccer play, winning twice and placing third twice in the short 14-year history of the Women's World Cup (held every four years).

Some sports, like men's basketball, will most likely always be better spectator sports than women's, but I wouldn't count on it completely. Women's sports are turning up the heat — and getting more play time on ESPN.

READERS STRIKE BACK

“I forgot how hard that Lance Armstrong article had made me laugh.”

Bottom Line,

I have followed the “Bottom Line” now for a long time, and it brought back some funny memories reading the Goat’s blast from the past. I forgot how hard that Lance Armstrong article had made me laugh. Also, I like when the “Bottom Line” does their sports movie reviews. How about a suggestion? Doing an article

about the greatest and worst sports books. I would be interested to know The Goat’s and Cheese’s opinions on that topic. Thanks again for the great articles, I always look forward to them every week.

*Semper Fidelis.
M. A. Camacho
Pomona, Calif.*

“quotable,”

“The man loves danger and sport. That is why he loves woman, the most dangerous of all sports.”
— Friedrich Nietzsche 1844-1900, German Philosopher

For Whom the Bell Tolls: Station Marine fights back against cancer

Lance Cpl. Jeffrey A. Cosola
Marine Corps Air Station, New River

MARINE CORPS AIR STATION NEW RIVER, N.C. — Taupe walls. Doctor's offices always seem to have beige, soothing taupe walls. They're supposed to comfort patients and offer shelter from a coming storm. But when the bell tolls and physicians transform from white-coated wise men into black-cloaked skeletons sporting reapers, it hardly matters what color the walls are.

For Cpl. Joshua E. Getts, Marine Heavy Helicopter Squadron 461 expediter and Bloomington, Ind. native, the storm he weathered made landfall in the form of a lump, and when the bell tolled his name, his reaper grimly whispered "cancer" with dusty breath.

"I'm going to die, this is bad," explained Getts. "I thought, 'This has to be something else.' I had this sinking feeling for a good ten minutes before I went into a cold sweat."

A year ago

A physical enthusiast, built on the kind of hard work only the insane can enjoy, Getts said he always maxed his physical fitness test and once recorded a time of 14 minutes on the three-mile run. While deployed last year with the 22nd Marine Expeditionary Unit, he claimed to have been forced to run on the deck of the USS Wasp after burning out the motors on several treadmills.

While serving with the MEU in Afghanistan in June 2004, he noticed a lump on the back of his left shoulder, and, in true Marine Corps tradition, ignored it. Later, while running, his knee became swollen and he was forced to make a medical appointment where, in passing, he mentioned the lump.

Two hours later, Getts was on a plane headed for Germany. He wasn't told why. His final destination was a Washington, D.C. medical center and the bad news — he had developed bone cancer.

‘Running was my thing’

"They replaced most of the bones in my shoulder," said Getts. "I'd never had to stay in the hospital for more than one day. Everything blurred for a couple of weeks. It was surreal."

In the past year Getts has been through four surgeries, including work on his knee that claimed his joints ability to absorb the impact encountered during running. After his surgery, Getts plunged into a depression after realizing he would never physically be the

same. His days of running were over.

"Running was my thing," said Getts. "After a month of sitting and the obligatory depression, I read about Lance Armstrong."

Getts said that he read "It's Not About the Bike" by Armstrong two or three times and found a source of inspiration. Armstrong had recovered from cancer to dominate professional cycling, and he felt that he could do the same.

"I watched the Tour (de France) everyday," explained Getts. "I studied cycling, everything about cycling. Once I was better, I rode as much as possible."

‘This is OK, I can do this’

Getts is an avionics mechanic by trade who's unable to work on aircraft. The physical phenomenon that used to run marathons can't get around on the helicopters anymore. But his Marine heart won't allow him to quit.

July 29 to 30, Getts participated in "24 Hours of Booty," a 24-hour race over a three-mile course in Charlotte, N.C., called "Booty Loop."

He planned to ride a total of 400 miles during the race or 20 miles per hour for 24 hours.

However, he came up short of his goal. He only rode a measly 390 miles, a distance that shattered the previous race record by 64 miles.

"I'm not surprised at all," said Getts' best friend, Cpl. James W. Ashbaucher, a military dog handler with Military Police Company, K-9 unit, Camp Lejeune, N.C. "He has a bigger heart and is more determined

than any other Marine I've met in my life."

Getts' can-do spirit can be traced to lessons he's learned as a Marine.

"I've learned a lot about discipline and about not being afraid," said Getts. "For one split second I thought I was going to die. Then I thought, 'This is OK, I can do this.' After that, I knew I wasn't going to die."

‘She kicked cancer in the face’

Getts is focused on raising money for cancer research and hopes to one day start a cancer foundation for service members he describes as being in worse shape than he is.

The prospects for such a foundation appear almost definite, as he was able to raise almost \$4,000 for the Armstrong Foundation and Brain Cancer Research of North Carolina through squadron and Marine Aircraft Group 29 contributions, individual Marines donations and online pledges supporting his race efforts.

Although cancer research would certainly benefit his own health, Getts knows all too well the devastating effects cancer can have on those close to you. His wife, Ruthie, from Milford, Pa., is also a cancer survivor.

Diagnosed with a Wilms tumor at age two, Ruthie endured the surgeries and chemotherapy that young ones often never recover from.

She explains that three other children were diagnosed with a Wilms tumor around the same time as her, and she remains the lone survivor.

"You know you can beat the odds," she said. "It's the same with



Cpl. Joshua E. Getts, Marine Heavy Helicopter Squadron 461 expediter, readies himself for a charity race held July 29 to 30 in Charlotte, N.C., in which he set a new record of 390 miles traveled in 24 hours.

my husband. I've seen him face many challenges, but he's never backed down from a single thing. That whole phrase, 'live strong;' if there's anything or words that describe him, that's it."

"She kicked cancer in the face and it made her tougher. She's a big part of my life," added Getts.

Marine to the core

"I had another tumor taken out a few weeks ago," said Getts. "Every morning I wake up, I hit the snooze twice. I have absolute pain like an old man, but I won't take pain medication. For Marines, we want to get back in the fight, so it's like, 'I'm fine,

even though I lost an arm.' For me, I have cancer, but it's about getting the job done."

The bell may toll for Getts' Marine Corps career, but the reaper's going to have to wait for the rest. His life is far from over.

Getts plans to work in a bicycle shop and put some more miles on his own, to see if he can make it a go somewhere.

"I can still walk away with a good feeling about (the Marine Corps)," said Getts. "I did the best that I could. If it wasn't for my medical condition, I easily could have made a career of this. I'll always be a Marine."


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Did You Know

Girls and Boys Town...

- Provides treatment and care to more than 40,000 abused, abandoned and neglected girls and boys across the country each year.
- Provides assistance to nearly one million children each year by training parents, teachers and child-care professionals how to meet the needs of children in the 21st century.
- Has 19 sites located in 14 states and the District of Columbia.
- Assists more than 450,000 callers annually through the Girls and Boys Town National Hotline (800-448-3000).
- Cares for children regardless of race, color, creed, gender, national origin, or ability to pay. On average, girls make up about 50 percent of the youth cared for each year.
- For more information, call 1-800-217-3700, write to P.O. Box 8000, Boys Town, NE 68010, or visit www.girlsandboystown.org



Girls and Boys Town

A CFC participant – provided as a public service

Captured flag

The team formerly known as the Headquarters Battalion “B” Squad, stands with their battalion commander for a photograph after winning the 101 Days of Summer Flag Football Tournament July 29. Though they entered as the battalion’s second-string team, the team formerly known as the “B” Squad dominated their opponents in the final game of the tournament with a final score of 18–0. Without a doubt the top flag football squad now, the Headquarters Battalion team formerly known as the “A” Squad was knocked out early in the playoff brackets, and according to members of the winning team, will now be known as the “B” Squad. Headquarters Battalion has been a force to be reckoned with during the 101 Days of Summer sports competitions, but the competition is still very close among base units. Next on the calender for 101 Days of Summer is softball at Annex Field beginning Wednesday. This tournament is still accepting team sign-ups through Monday at noon. To sign your team up, call Kenneth Etheridge at 257-3900 or 257-7120.



Photo Courtesy of Phillip J. Graham

Mens’ health recognized

Lance Cpl. Roger L. Nelson

Combat Correspondent

August is Men’s Health Month and time to tune up bodies and pay closer attention to what is best for the body.

Little things, such as your daily diet and how often you exercise, can make a big difference in whether a person has a healthy lifestyle or not.

“I’d say proper nutrition, plenty of rest, stretching and exercise is the most important thing men can do to keep in shape,” said Petty Officer 2nd Class Renee D. Stanfield, physical therapy technician, Naval Health Clinic, Marine Corps Base Hawaii, Kaneohe Bay. “Eating foods with the right amount of vitamins will help a lot with health.”

Sgt. Theodore C. Poulos, noncommissioned officer-in-charge, Pass and Travel Section, Traffic Management Office, said he does a lot of weight training.

“Keeping in shape, especially if you’re a Marine, is one of the most important things you can do,” said Poulos. “A lot of Marines will start training right before a personal fitness test, which is bad for you. It’s best to stay in shape all year-round.

“It’s not good to have a yoyo effect on your body,” said Poulos. “So I push myself the same amount all year-round, no matter what month it is.”



Children Learn More from Dos than Don’ts

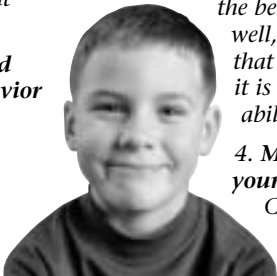
Young children will be better behaved when they know clearly what you expect of them. Instead of just saying, “Don’t do that,” show and tell your child what you do want him or her to do.

1. **Teach your child the steps of the desired behavior.** It is unreasonable to expect your child to do something if you haven’t taught it to him or her.

2. **Have your child describe the behavior back to you.** This will tell you whether or not your child understands your expectations.

3. **Ask your child to demonstrate the behavior to you.** If your child can demonstrate the behavior reasonably well, then you know that it is within the child’s abilities.

4. **Model the behavior yourself.** Children are always watching you and



For more tips on parenting, visit www.parenting.org or call the Girls and Boys Town National Hotline, (800) 448-3000. A CFC participant — provided as a public service.